

Harmonic Release for Trainers

- ❖ Learn to feel the difference between good and poor quality of movement.
- ❖ Understand the difference between strength training and functional training
- ❖ Utilise assisted movement, palpation and proprioception to encourage your clients to release learnt stiffness and engage the muscles you want them to engage
- ❖ Change your concept of movement. From one of using a controlled clenching or increasing of tension within a muscle to implement movement to one of decreasing tension and increasing space to allow movement to take place. This will encourage more fluidity to any movement and balance movement through a full kinetic chain.
- ❖ Change the idea that the more effort put into any exercise regime the more will be gained from the regime to one of using minimal effort for any given activity. Increasing effort or resistance (i.e. weight) will increase strength and muscle bulk. For functional movement training, flexibility and general physical health this is not necessary.
- ❖ Change your idea of how to instruct a movement. Traditionally verbal cues are used to instruct a client's activity. We will use palpatory cues to assist and encourage correct movement.
- ❖ Length: 2 Days (10am - 4.30pm)
Cost: £150
- ❖ Wear: Comfortable clothes.
- ❖ Bring: A good sense of rhythm, lunch.
- ❖ Pre-requisites: You must have a recognised and insurable personal trainer qualification equivalent to REPs level 3.

To book a place call
t. 0772 584 4000

or message to
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